

February is American Heart Month

Cardiovascular diseases, including stroke, are the leading killer in the United States. The President of the United States has proclaimed February American Heart Month – a tradition that began in 1963. To increase public knowledge of cardiovascular disease and aid prevention by encouraging heart-healthy habits, here are some things you can do to help live a healthier lifestyle:

You Are What You Eat

Better food habits can help you reduce your risk for heart attack. A healthful eating plan means choosing the right foods to eat and preparing foods in a healthy way. The Dietary Approaches to Stop Hypertension (D.A.S.H.) eating plan has all the components of a heart-healthy diet - rich in vegetables and fruits, with whole grains, high-fiber foods, lean meats and poultry, fish at least twice a week, and fat-free or 1 percent fat dairy products.

Manage Your Weight

Good nutrition, controlling calorie intake and physical activity are some of the ways to maintain a healthy weight. Your Body Mass Index (BMI) can help tell you if your weight is healthy. BMI is a numerical value of weight in relation to height and is a good indicator of healthy or unhealthy weight, regardless of body frame size. To calculate your BMI, visit <http://www.americanheart.org/presenter.jhtml?identifier=3048134>.

Exercise and Fitness

Walking, swimming, cycling, jogging, skiing, dancing, and dozens of other activities can help your heart. Whether it is included in a structured exercise program or just part of your daily routine, all physical activity adds up to a healthier heart.

Kids and a Healthy Lifestyle

Helping your child develop healthy habits will bring lifelong benefits. The practical tips you learn that will help your kids eat better and enjoy a more active lifestyle can be applied to your own life. The best way to lead your child to a healthy lifestyle is to set a positive example yourself.

It's Not Just a Man's Disease

Heart disease is far and away the leading cause of death of American women. *Go Red For Women* is the American Heart Association's nationwide movement that celebrates the energy, passion and power we have as women who band together to fight heart disease. For more information about Go Red for Women, visit www.goredforwomen.org.

Source: American Heart Association

Did You Know?

While cardiovascular disease is the number one killer of women, less than 10 percent see it as a major health threat. In fact, women are 15 percent more likely than men to die of a heart attack.

In a free seminar, a Sharp Grossmont-cardiologist will share health information and tips on preventing cardiovascular disease in women – including heart disease, hypertension and stroke. *Love to be Heart Healthy* is hosted by the Women's Health Center at Sharp Grossmont Hospital.

Date and Time

Wednesday, February 17, 2010
6:00 PM – 7:00 PM

Location

Grossmont Healthcare Conference Center
9001 Wakarusa Street
La Mesa, CA 91942

For more information or to register, please call 1-800-82-SHARP.